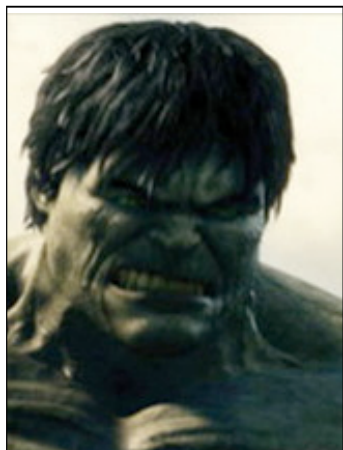


Inside



■ Movies this week: "The Incredible Hulk" (above) and "The Love Guru"

B4

Education

Community College of the Air Force cutoff date for October class — To be considered in the October class, CCAF must receive all documentation for degree candidate submissions by Aug. 29. This is for diplomas to be printed in October. Questions about CCAF can be directed to Timothy Smith at timothy.smith2@hickam.af.mil or call 449-6363, ext. 221.

Free adult classes — Moanalua/Aiea Community School offers tuition-free classes for adults wanting to earn a high school diploma or improve English and/or math skills. Register for fall courses Aug 11-14 in Hangar 2, Rm. 127, from 8:30 to 11 a.m. For more information, call 837-8466.

News Notes

Warrior Friday — Love face-melting, heart-pounding, possible-the-best genre of music ever? Then party like a rock star with the 15th Contracting Squadron, starting at 4:30 p.m. next Friday at the O' Club. Bring and show off your rock memorabilia and boogie down with the hot licks of Karma. For details, call Rose Mielke at 448-4608.

Girl Scout recruitment — Calling all girls in grades K through 12. The Girl Scout 2008-2009 year will be starting soon. Adults are also needed as leaders and co-leaders. If you would like to register your daughter for Girl Scouts, or to register yourself to become a leader, call Tasha Purington, the Hickam Service Unit Registrar, at 744-0810.

3rd Annual Hickam Half Marathon — Registration is now open for the 3rd Annual Hickam Half Marathon, scheduled for Saturday, Aug. 16. Stop by the Fitness Center to pick up your registration form or go on-line at www.hickamservices.com. For more information, call Mr. Benny Miguel at 448-4640.

Half Marathon volunteers needed — The Sports & Fitness Center is looking for volunteers to assist with the Aug. 16 3rd Annual Hickam Half Marathon, from 5 to 10 a.m. The event starts at Earhart Sports Complex, right by basetrack. Volunteers needed for set-up, take-down, registration table, bicycle safety patrol, water distribution points and to serve as road guards. Volunteers need to bring safety vests, yellow T-shirt, flashlight and sun block. For more information, call Senior Master Sgt. Lisa Camp at 449-8531 or Master Sgt. Vince Baker at 449-3502.



Photos courtesy of 15th Services Marketing

Classic and custom rides will be on display tomorrow from 10 a.m. to 3 p.m. in the Hickam Bowling Center parking lot for the 5th Annual Car, Truck and Motorcycle Show.

By Jeff Nicolay
Hickam Kukini editor

The Hickam Auto Hobby Center is set to hold the 5th Annual Car, Truck & Motorcycle Show tomorrow from 10 a.m. to 3 p.m. in the Hickam Bowling Center parking lot.

According to facility shop manager Andy Martin, this year's event is bound to have something for everyone.

"The show is open to the public via Kuntz Gate, so anyone can bring their car, truck or bike out," he said. "And it seems to get bigger every year — last summer, we had more than 50 vehicles on display and we're hoping for even more this time around."

"The majority are cars," he continued. "We see all kinds ... from street rods and old muscle cars to newer models like Mustang Cobras, Camaros, Corvettes and Thunderbirds, plus low-

riders and 4x4s."

Mr. Martin said the displayed vehicles will be broken down into the following award categories: Classic Stock ('69 and older); Classic Modified ('69 and older); Stock ('70 and newer); Modified ('70 and newer); Best Interior; Best Engine; Best 4x4; Best Low-Rider; Most Imaginative Paint; and Overall Best in show.

The show will also have three motorcycle categories: Best American daily driver; Best Metric (Japanese or European) daily driver; and Best Custom motorcycle.

"We'll have trophies for the winners in each category," said Mr. Martin, who has been with the Auto Hobby Center for the past 15 years.

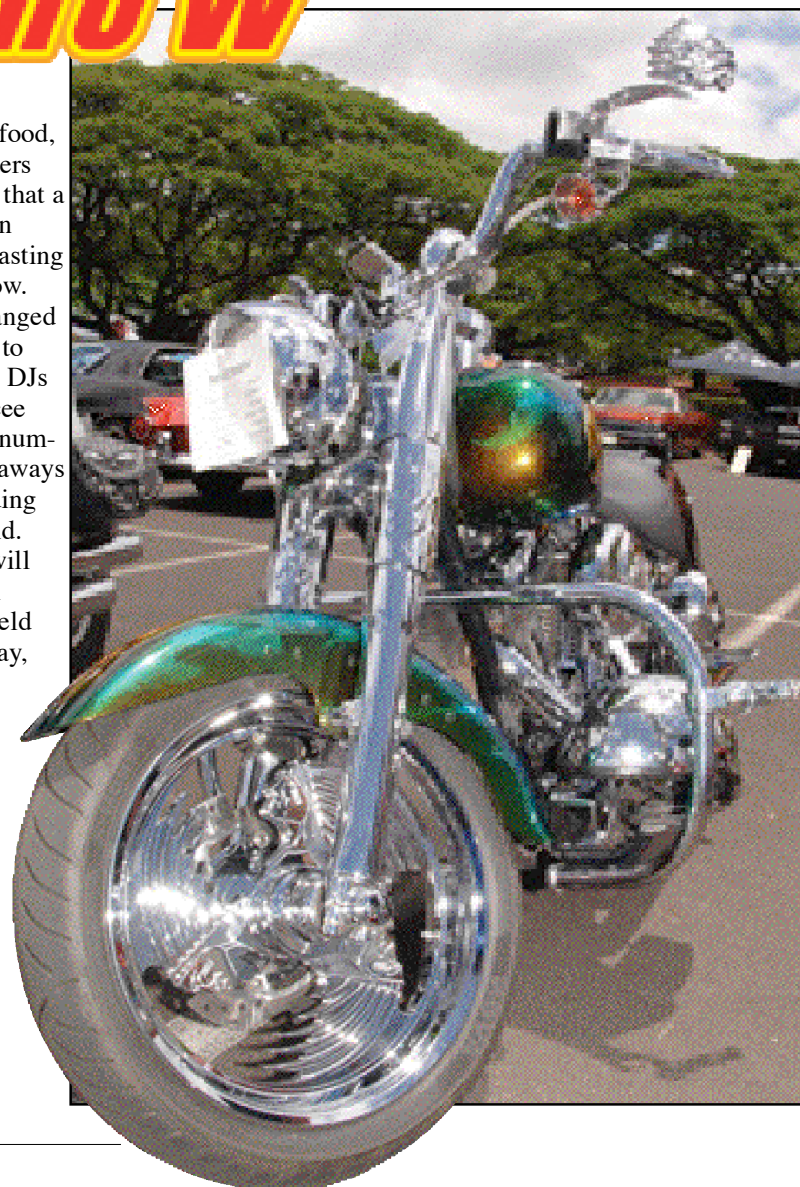
Mr. Martin went on to note that, in addition to all the stock and customized car, trucks and motorcycles, attendees will be able to dig

into a variety of food, courtesy of Hooters Restaurants, and that a local radio station would be broadcasting live from the show.

"Services arranged for Oldies 107.9 to send one of their DJs out to act as emcee and he'll have a number of prize giveaways for people attending the show," he said.

Those prizes will be awarded from drawings to be held throughout the day, according to 15th Services Squadron marketing officials.

For more information about tomorrow's 5th Annual Car, Truck & Motorcycle Show, call Mr. Martin at 449-2554.



Summer readers' totals speak volumes

By Hickam Kukini staff

The Hickam Library Summer Reading Program concluded on Saturday with a recognition ceremony for the more than 200 youth who participated in the effort. The program consisted of three age groups of students whose goal it was to read as many books as they could during the summer break.

Top readers were awarded prizes and all received a certificate of accomplishment.

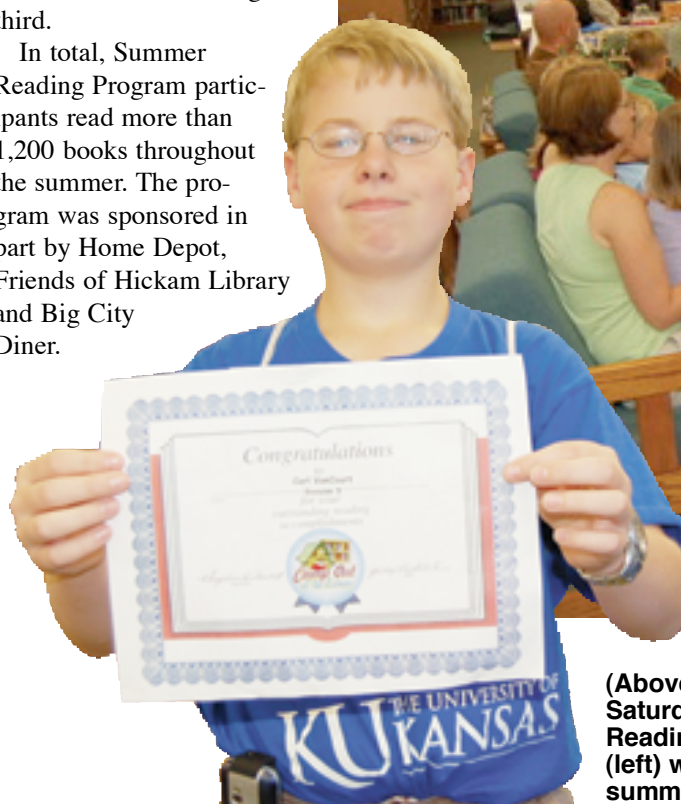
John Melnick was the Division I winner, coming in with a total of 130 books. Cameron Klug came in second place with 49 books and Crosby Patterson took third with 40 books.

In Division 2, Raynold Pelletier took top honors with 46 books, followed by Hayden Patterson in second place with 29 books and Jacob Punaro in third with

27 books.

Jordan Robinson won Division 3 by reading 68 books with Alexandria Edwards placing second and Maddie Walter finishing third.

In total, Summer Reading Program participants read more than 1,200 books throughout the summer. The program was sponsored in part by Home Depot, Friends of Hickam Library and Big City Diner.



Photos courtesy of the Hickam Library

(Above) Students, teachers and parents gathered for last Saturday's final meeting of the 2008 Hickam Library Summer Reading Program, during which students like Carl VanCourt (left) were honored for the number of books they read during summer break.

Inside SERVICES

5th Annual Hickam Car, Truck & Motorcycly show hits the streets tomorrow

Don't forget to drop by this awesome display of cool rides tomorrow at the Hickam Bowling Center parking lot. Competition for "Best in Show" will be hot and heavy as the participants vie for top honors in the following categories: Best Engines, Best Interiors, Most Imaginative and more. This is a free event sponsored in part by USAA, Custom Car Care and Vacations Hawaii.

Kick off fall by registering now for Youth Flag Football

Youth Flag Football registration continues through next Friday at the Hickam Youth Center. Practice begins the week of Sept. 1 with games starting Sept. 27 and continuing through Nov. 15. For more information, call the Youth Center at 448-2296.

Sand Bar & Grill announces new hours during Sea Breeze renovation

Hickam's beautiful Sea Breeze Restaurant may be closed for renovation but all is not lost. The excellent Sand Bar & Grill, just outside Sea Breeze, is filling in with great seaside meals and that same great view of Hickam Harbor and Diamond Head. The Grill's hours have been extended to 2-8:30 p.m. Tuesday through Friday and 11 a.m. to 9 p.m. Saturday and Sunday. Good food and drinks and a great

outdoor ambience await you.

S.T.A.R.S. drama classes pay musical tribute to cinema's 'Polar Express'

Registration for the Makai Recreation Center's S.T.A.R.S. drama class is now open for the winter session and features a musical and dramatic theme as a tribute to the movie 'Polar Express.' Classes are held on Tuesdays at three different time slots for different age groups. For more information, call Makai Rec Center at 449-3354.

Party like a rock star at Warrior Friday

The Hickam Officers Club hosts Warrior Friday, Aug. 8, from 4:30 to 11 p.m. Theme of the event is 'Party like a Rock Star' and the event includes live music and pupus beginning at 4:30 p.m. The August Warrior Friday is co-hosted by 15th Contracting Squadron. For more information, call the O' Club at 448-4608.

Paddle out to Waimea for fun next weekend

Hickam Outdoor Recreation has an exciting and fun fitness trip planned for you! On Sunday, Aug. 10, travel with the ODR crew to Waimea for a

full day of kayaking fun. Sign up now as the registration deadline is August 6. This trip includes round trip transportation. Be sure to bring water and your lunch along with sunscreen, towel, snorkel gear, camera, etc. For more information, call ODR at 449-5215.

Plan now for your dream trip to beautiful Japan

Now is the time to start planning your trip to Japan with Hickam Information, Tickets & Travel. This international excursion is scheduled for October 22-30 and takes you to some of Japan's most beautiful places. ITT provides everything you need to make this tour an unforgettable experience. Call 448-2295 now to book your space and start saving now!

'U Choose' club membership drive is a great deal for all Team Hickam Airmen

Instant cash, free dues and great Services discounts are some of the terrific benefits of becoming a new member at Hickam's Officers and Enlisted clubs. New for this year's drive is the choice of membership cards you want, whether that is a credit card or a proprietary card. For complete details on the 'U Choose' Club Membership Drive, log onto www.hickamservices.com or drop by your Club and fill out an application. The 'U-Choose' membership drive is scheduled to continue through October.

HICKAM AFB

SERVICES

Combat Support & Community Service

Youth Flag Football



Flag Football Registration!

Registration to 8 August;
Youth Sports and Fitness Bldg 1399
Mon-Fri 1030 - 1730
Season runs from 27 September - 15th November

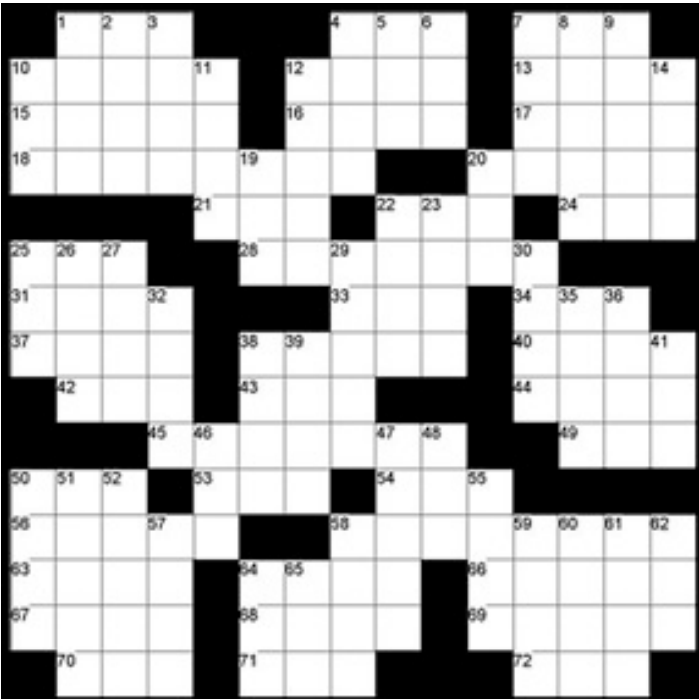
Youth must be born between the years of 1993-2003
Participants must have current physical
and birth certificate to register

\$65 Registration Fee, \$6 Annual membership is required

For more information please contact
448-2296 or 448-2287



Crossword Puzzle: Boa vinda aos Açores



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. Gas mask, flak vest, Kevlar helmet, etc., in brief
- 4. Pull or carry with force or effort
- 7. Former Soviet spy org.
- 10. Moderate to dark brownish gray
- 12. Child’s flying toy
- 13. Best of the Best actor Roberts
- 15. Sharp or biting to the taste or smell; bitterly pungent
- 16. Phenomenon supposed to portend good or evil
- 17. Military org. host nation is a member of with the US
- 18. Island home to 65th ABW base
- 20. War of the ____; Douglas/Turner film
- 21. 22°30’ east of due north
- 22. Charge or payment for professional services
- 24. USAF E-4

- 25. Actress Thurman
- 28. Portuguese commander who first laid ground for Azores air base
- 31. Operation ____ Purse; mission flying EC-135s from the Azores
- 33. ____ the one
- 34. Frozen water
- 37. Against
- 38. USAF MAJCOM the Azores base is assigned
- 40. Slight intermittent flow or leak
- 42. Foot part
- 43. Zero
- 44. Currency for the Azores
- 45. Operation ____; Berlin Airlift mission went through the Azores base
- 49. Morning mist
- 50. European mount
- 53. ____ Angeles
- 54. Mil. duty status
- 56. Azores island
- 58. Country who owns the Azores
- 63. Open slightly

- 64. Gifted writer with thought and imagination
- 66. Speak
- 67. Take out a lease
- 68. Poker bet
- 69. Expert or connoisseur
- 70. USAF PME for O-3s
- 71. ____ Moines
- 72. Confederate general

DOWN

- 1. Gen. Peter ____; former Chairman, JCS
- 2. Kitten noise
- 3. Historic
- 4. Peru capital
- 5. Native American in Utah and Colorado
- 6. USAF O-10
- 7. Game of chance, adapted from lotto for gambling purposes
- 8. Operation Nickel ____; operation supported by the 65 ABW
- 9. Cut, grip, or tear with or as if with the teeth
- 10. Tit-for-____
- 11. Heavenly spot
- 12. Country host to Osan and Kunsan air bases
- 14. La ____ Nostra; mafia
- 19. State home to Grissom ARB, in brief
- 20. Gun the motor
- 22. Tenure of land subject to feudal obligations
- 23. Ultimatum word
- 25. Part of DoD
- 26. Money maker
- 27. Lowest female voice
- 29. Plan to, intend to, or expect to
- 30. General’s assistant
- 32. Ukraine city
- 35. Deposit or coating of refuse or of an impure substance
- 36. Ireland, formerly
- 38. Do ____ others...

- 39. Takes five
- 41. Mil. duty status
- 46. Sick
- 47. Show or pretend emotion
- 48. Address for male officer
- 50. In the distant
- 51. ____ Field; Azores base home to 65th ABW
- 52. 88-key instrument
- 55. Smallest component of an element
- 57. ____ and crafts
- 58. Dog and cats
- 59. Russian mountains
- 60. Handed to someone
- 61. Fits to _ ____
- 62. Underworld director Wiseman
- 64. Bachelor’s place
- 65. Single

See SOLUTIONS, B4

SUDOKU

For solution, see SUDOKU, B4

							6	
8	7				2			9
	5	4			6			2
			3		9	6		7
6		2		7		3		8
7		3	2		1			
1			8			5	7	
5			1				8	3
	3							

Team Hickam History

The Air Force’s most historic airfield

August 1, 1958 — The U.S. conducts its first rocket-launched nuclear test, choosing Johnston Island as the launch site. Code-named Teak Redstone, a live W-39 nuclear warhead was launched to measure the effects of high altitude nuclear explosions in order to design warheads for the Nike-Zeus anti-ballistic missile system. Failure of the tilt program device at lift-off caused a vertical night flight but did not prevent subsequent system operations and a successful mission. The Redstone rocket carried the 3.8 megaton warhead to an altitude of 77.8km (48.3 miles).

August 2, 1965 — Members of the 11th Bomb Group Association dedicate a memorial plaque commemorating the 475 members lost during World War II. The tablet is located on a stone pedestal next to the Hickam base flagpole on Vickers Avenue, within the traffic circle.

August 6, 1970 — Air Force families begin to move into the first units of the new Ohana Nui

housing at Hickam AFB, Hawaii.

August 3, 1981 — Members of the Professional Air Traffic Controllers Organization call a nationwide strike, which affected air traffic in and out of the Honolulu International Airport. The FAA used Navy controllers and retired/former controllers to maintain normal operations at Honolulu International Airport; however, some airline flights were delayed, and an air defense exercise was cancelled.

August 1, 2002 — On Johnston Atoll, the U.S. Army Chemical Activity, Pacific (USACAP) cases its colors, culminating three decades of safely storing, securing, transporting, and accounting for chemical weapons.

August 5, 2003 — Lt. Col. Mark Hostetter assumes command of Detachment 1, 15th Airlift Wing at Johnston Atoll.



Jenny

The SCO Encounter - Part 2

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CHAPEL

Editor's note: For more information on Base Chapel services or for prayer requests, call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT Chapel Center Sunday Contemporary Service 8:30 a.m. Sunday Gospel Worship 10:30 a.m. Nelles Chapel Sunday Traditional 8:30 a.m.	JEWISH Aloha Jewish Chapel, Pearl Harbor 473-0050 Jewish Lay Leader Mr. David Bender 527-5877 Naval Station Chapel 473-3971	CATHOLIC Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Mass 5 p.m. Chapel Center Sunday Mass 10:30 a.m.	BUDDHIST Honpa Hongwanji Hawaii Betsuin A Shin Buddhist Temple 536-7044 ORTHODOX For more information call 438-6687	ISLAMIC Friday Congregational Service (1935 Aleo Place, Punahou) 1 p.m. Muslim Association of Hawaii 947-6263
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SOLUTIONS, From B3



SUDOKU, From B3

3	2	1	9	4	8	7	6	5
8	7	6	5	3	2	1	4	9
9	5	4	7	1	6	8	3	2
4	1	5	3	8	9	6	2	7
6	9	2	4	7	5	3	1	8
7	8	3	2	6	1	9	5	4
1	4	9	8	2	3	5	7	6
5	6	7	1	9	4	2	8	3
2	3	8	6	5	7	4	9	1

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday, 6 p.m.; Saturday and Thursday, 7 p.m.

‘The Incredible Hulk’ — Scientist Bruce Banner desperately hunts for a cure to the gamma radiation that poisoned his cells and unleashes the unbri-dled force of rage within him. Cut off from a life he knew and the woman he loves, Betty Ross, Banner struggles to avoid the obsessive pursuit of his neme-sis, General Thunderbolt Ross, and the military machinery that seeks to capture him and brutally exploit his power. As all three grapple with the secrets that led to The Hulk’s creation, they are confronted with a monstrous new adversary known as The Abomination, whose destructive strength exceeds even The Hulk’s own. Starring Edward Norton and Liv Tyler.



Rated PG-13 for intense action, violence, frightening sci-fi images and brief suggestive content. Length: 128 min.

Friday, 8:30 p.m.; Sunday, 4 p.m.; Wednesday, 7 p.m.

‘The Love Guru’ — Pitka is an American who was left at the gates of an ashram in India as a child and raised by gurus. He moves back to the U.S. to seek fame and fortune in the world of self-help and spirituality. His unorthodox meth-ods are put to the test when he is hired to settle a rift between Toronto Maple Leafs star hockey player Darren Roanoke and his estranged wife. After the split, Roanoke’s wife starts dating L.A. Kings star Jacques Grande out of revenge, send-ing her husband into a major professional skid Pitka must return the couple to marital nirvana and get Roanoke back on his game so the team can win the Stanley Cup. Starring Mike Myers and Jessica Alba.



Rated PG-13 for crude/sexual content through-out, language, comic violence and drug refer-ences. Length: 88 min.

Quilts give military children comfort during deployments

By Lt.j.g.
Theresa Donnelly
U.S. Pacific Fleet
Public Affairs assistant
community relations director

In an emotional presentation, two military families each with a deployed husband/ father received a special reminder of their loved one when they accepted a quilt adorned with family photos July 25 at the Pearl Harbor Armed Services YMCA (ASYMCA).

“When I saw the pictures of all of us together as a family, I cried. It is those times that I hold onto and that I look forward to when he gets home,” said Lt. Cmdr. Jeannie Groeneveld, a speechwriter for U.S. Pacific Fleet. Her husband, Lt. Cmdr. Chris Groeneveld, is currently assigned as the Air Boss aboard the guided-missile destroyer USS Gridley (DDG 101). Groeneveld’s children Dylan, age three, and Sean, 18 months, pointed at several family photos and in a very touching gesture handed their Mother a tissue, after her eyes welled up when seeing the blanket.

The presentation ceremony was designed to kick start the Honolulu Chapter of “Operation Kid Comfort,” a nationwide program started in 2004 at Ft. Bragg/Pope Air Force Base in Fayetteville, N.C.

The program eases the stress of a parent’s absence from the home by providing free quilts for children six and under and

pillows for children seven and up. According to the program’s Web site, since the program’s inception more than 3,000 children have received a quilt.

The other child that received a quilt was Morgan Townsend, age two, whose father, Sergeant Jeffrey Townsend, is a career retention specialist with Marine Heavy Helicopter Squadron 363, headquartered in Kaneohe Bay. Townsend’s unit is currently deployed to Iraq and is scheduled to return early next year.

“The blanket becomes just another way to keep the connection alive between my daughter and my husband,” said Dayna Townsend, wife of Sergeant Townsend. “Morgan calls the blanket her ‘Daddy blanket.’”

Although the quilts can be made from volunteers from all over the country, these two quilts were made by local quilter and Kailua resident Ellen Huntley, who has made more than 20 quilts in the last six months and has a special affinity for U.S. service members.

“I actually teach enlisted Marines and Sailors on Marine Corps Base Kaneohe and I just love these young people and what they do,” said Huntley, an instructor for the Military Academic Skills Program. “It makes me feel really good that someone back here can do something to help these families out.”

The quilts are made from collected family photographs and are made into “photo-transfer”



Photo by Mass Communication Specialist 3rd Class Byung Cho

Marine Corps spouse Dayna Townsend, wife of a deployed Marine with the Marine Heavy Helicopter Squadron 363, checks out a quilt with her daughter, Morgan.

quilts that display images of the deployed service member. All of the quilts are made by volunteers who contact the ASYMCA headquarters and request the materials that are then mailed to them free of charge.

ASYMCA also pays for the shipping of the quilt from the quilter to the military family.

Currently, Operation Kid Comfort has local operations in various parts of the country but is just now beginning to establish a Hawaii volunteer network. The Pearl Harbor ASYMCA staff has already reached out to Forest City Military Communities in order to spread the word about the program and to seek volunteers that would be interested in making the quilts.

“With the Forest City’s new

community centers, we think that would be a great way for the spouses to get together and do something so meaningful for the children of deployed service members,” said Kathy Kinneman, director of Honolulu’s ASYMCA.

Ms. Kinneman would like to encourage anyone who is interested in making a quilt or who would like to have one made for their child to contact Terri Nelson at (808)-473-3398 or via e-mail at asymcakhawaii@aol.com.

“I will always be grateful to the ASYMCA for giving this special gift to my boys. It is wonderful that my older son Dylan will be comforted sleeping under a blanket with pictures of his Daddy, whom he misses so much,” said Groeneveld.



Exercise: Front and side deltoid raise
Muscle group: Shoulders



START

1. With your arms fully extended raise dumbbells to the front at about shoulder height, pause for a second then move arms to your sides maintaining dumbbells within shoulder height then lower dumbbells slowly to the sides.
2. Repeat the movement but this time start from a side raise then to front raise
3. This exercise should be performed in a half-circle pattern moving from front to side raise.
4. This exercise is great for building upper body strength and preventing shoulder injuries.



FINISH

Model: Sharon Steggerda, certified personal trainer

Photo by Benny Miguel, Hickam Fitness Center fitness director